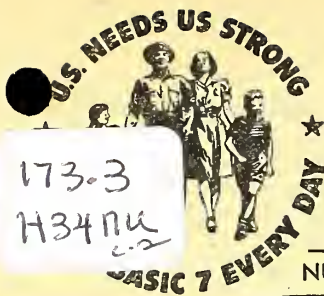


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HOW NUTRITION COMMITTEES SUPPORT SCHOOL LUNCH PROGRAMS

Support of school lunch programs has long been one of the most important activities of nutrition committees. In cooperating with school officials the committees have contributed whatever aid seemed most needed in a particular area. Some of the ways nutrition committees have promoted school lunch programs are:

(1) Building community support to establish or extend the school lunch program. By giving information through the press and in talks before State and local groups and over the radio, the food needs of children and the part that school lunches play in meeting those needs have been emphasized. Nutrition committees have thus gained the cooperation of individuals and community organizations for the program. They have created an interest in school lunches by making effective use of demonstrations, discussions, films, and exhibits, and by making it possible for people to observe successful school programs.

(2) Giving professional advice and assistance to school lunch administrators and workers. Members of nutrition committees have aided school lunch officers in planning and administering programs. They have supplied menus, recipes, market guides, and information on sanitation and care of food, as well as given technical help on selecting equipment and planning kitchens. They have checked on food waste, service, and adequacy of meals, and suggested needed improvements. School lunch workers have been shown how to cut costs by using foods that are plentiful and locally available. Gardens to provide fruits and vegetables for lunches and the canning of surpluses for winter use are other activities encouraged by nutrition committees.

(3) Conducting surveys of children's eating habits and nutritional status to determine the most common deficiencies in their diets. Most nutrition committees feel that school lunches should not

provide "just more food" but should provide the essentials most apt to be lacking in the children's diets, thereby making up for deficiencies in their home meals. Some committees have made surveys to determine the children's eating habits and the foods given them at home. The factors found to be lacking or eaten in insufficient amounts were then stressed and foods rich in these nutrients were included in school lunches as frequently as possible. For example, in North Carolina, vitamin C information was sent to all local school lunch managers. Four ounces daily of citrus and tomato juices were supplied to all the children during the spring months. In addition, workshops for managers placed emphasis on vitamin C foods and their proper preparation.

(4) Utilizing the educational opportunities of the school lunch program.

School lunches when planned as a part of the nutrition education program have proved to be one of the most effective means of influencing food habits. Members of nutrition committees have, upon request, advised and worked with teachers in both elementary and high schools on nutrition activities related to school lunch, and have assisted in preparing materials for use in classroom teaching of nutrition. Members have also stimulated teacher training institutions to give teachers information on nutrition and school lunch programs.

(5) Training School Lunch Personnel.

Workshops and institutes have been one of the most effective ways of training school lunch workers. Members of nutrition committees have participated in and contributed to these in great degree.

UNITED NATIONS CHILDREN'S FUND TO EXPAND PROGRAM

The United Nations International Children's Emergency Fund, on its record of accomplishment in the first 6 months of operation, now has the promise of sufficient governmental and public support to make possible a greatly expanded program through June 1949.

This brighter prospect is due, in large part, to the additional funds authorized by the United States in the Foreign Assistance Act of 1948, which increased the original authorization of 40 million dollars to 100 million dollars. This money is to be made available on the matching formula of \$72 for every \$28 contributed by other governments. Besides the United States, 19 governments have so far contributed.

The Fund is also receiving generous support through the United Nations Appeal for Children. In Iceland, for example, the contributions average about \$3.50 a person. In the United States, contributions are being sought through American Overseas Aid-United Nations Appeal for Children. Similar campaigns are in progress in more than 40 countries.

With this support the Fund will continue its present European feeding program which was described in the October 1947>NNL. Some 4 million children and mothers are now being aided in Albania, Austria, Bulgaria, Czechoslovakia, Finland, France, Greece, Hungary, Italy, Poland, Rumania, and Yugoslavia. An antituberculosis vaccination program will also be launched to reach some 15 million children in Europe. Ground work will be done for similar mass vaccination programs elsewhere. In addition, the Fund will undertake aid programs in China and other countries in the Far East.

Nonfat dry milk has an important place in the Fund's mass feeding programs and is the most valued contribution to the daily supplementary meal of 600 calories. Toward this meal UNICEF also supplies other protective foods—meat, fats, oils. The government of the assisted country supplies an equal amount in indigenous food.

Records are being kept of the children's height and weight, and these data will have considerable value to nutritionists and others in the child health field.

In some instances governments have asked that the UNICEF contribution be entirely in milk. It is in extremely short supply in all the assisted countries, because of losses to dairy herds in the war, and later in the drought, and is needed as never before to make up for other protective foods lacking in the child's diet.

UNICEF has already sent enough dry milk for more than 200 million quarts. Most of it is the nonfat product, as recommended by the special committee on child nutrition set up by the Food and Agriculture Organization and World Health Organization at the beginning of the UNICEF program. Whole milk is given only to babies; the older children and the expectant and nursing mothers get the skimmed milk, either in liquid form or in soups or other combinations. Great care is taken to see that the milk is properly reconstituted, and as a consequence it is palatable and well received.

The improvement in the children's well-being is so marked that parents, teachers, and others are pressing for the inclusion of more and more children under the UNICEF program. In Austria, for instance, UNICEF supplies are being stretched to serve twice as many children as was originally intended. The "extra" food that makes this possible comes from tapping to the utmost all local services, including the food taken in raids on the black market. Elsewhere the governments of the assisted countries are making a similar effort to stretch the UNICEF program. In some instances, the communities themselves take hold, as for example, in Bulgaria, where the villagers are setting up their own milk distribution centers, pooling local supplies.

Thus UNICEF is not only meeting the emergency need, but it is calling forth a response that promises much for the future, when the countries themselves take over the full responsibility.

BETTER POTATOES, AND PLENTY OF THEM

Early potatoes of high quality will be in great abundance in June. The improvement in quality is due to better refrigeration in freight cars, more efficient facilities for washing the potatoes, and removal from the market of a large proportion of the second-quality grade by the Government. As nutrition committees long have been emphasizing, greater consumption of this good food will prevent waste and help save scarce foods.

PROGRESS ON CORN MEAL ENRICHMENT

We have just had a report that, as of March 6, nine Alabama counties have started corn meal enrichment; 77 feeders are now attached to mills and are operating.

NUTRITION EDUCATION MATERIALS FROM THE SLOAN PROJECT IN APPLIED ECONOMICS

"The Story of Johnny and Mary," which was prepared especially for school boys and girls from grades 5 through 9, their parents, and community groups, is one of the latest publications of the Sloan Project in Applied Economics. The Project has also recently issued a revised edition of "Nutrition and You" by Wilkins and Boyd. These and many other attractive materials designed for use in teaching nutrition in the primary, intermediate, and secondary grades are listed in "Better Food, Clothing, and Housing Through Education" and are available at a small price from the Project at the College of Education, University of Florida, at Gainesville.

These materials were developed as a result of experimental work carried on at the Universities of Kentucky, Florida, and Vermont with the cooperation of the officials and teachers of elementary and secondary schools located in those States. The work was financed through a grant from the Alfred P. Sloan Foundation, Inc., and undertaken for the purpose of raising living standards through education, particularly in such essentials as food, clothing, and shelter. At the outset of the experiment, cooperative relationships were established with the local, State, and Federal agencies that were immediately concerned with improvement of community living.

As the results of the experimental work have been incorporated in teaching materials, emphasis has shifted to distribution of the materials. The American Association of Teachers Colleges and the National Association of Secondary School Principals are cooperating in this phase.

Charles R. Spain, who is directing the Sloan Experiment in Kentucky, lists some implications and conclusions of the experiment as: (1) Schools can contribute significantly to the improvement of community living. (2) Materials for teaching are necessary before a significant change in a curriculum can be effected. The Sloan experiments show how materials, adapted to the particular needs of a locality and region, can be produced through the cooperation of local institutions and public schools. (3) The Sloan Experiment demonstrates that experimentation with materials and activities is an effective way to secure acceptance of curriculum reorganization. (4) The development of effective in-service education programs is essential

in all school systems if instruction is to be improved. (5) All the available evidence on academic achievement in the Sloan schools points conclusively to the fact that academic skills can be taught successfully by using materials dealing with community conditions when the curriculum is centered on problems of living.

COMMUNITY NUTRITION INSTITUTE AT SYRACUSE UNIVERSITY

Dr. Anne Bourquin of Syracuse University has an article in the November 1947 Journal of the American Dietetic Association, page 940, which describes a 2-week nutrition institute at Syracuse University. The institute was held July 7 to 19 to orient nutrition workers toward their community and its nutrition needs. The need for such an institute was shown by a survey of community agencies which were interested in the nutritional status of the community but which actually had little consciousness of specific needs or knowledge of what resources were available for meeting those needs.

The program covered studies of local community organizations, using Syracuse as an example; the community itself; its nutrition needs as found by survey; Federal and State organizations and programs as related to the community; methods of overcoming public indifference; psychology and methods and tools useful in nutrition education. There was some discussion of surveys—how they should be conducted, what could be expected from them, and what they could measure.

Since each of the students was experienced in her own field, she was able to make a unique contribution to the group; this resulted in a well-rounded viewpoint for all who attended. A tentative program for the 1948 institute has been released.

NEWS OF STATE COMMITTEES

OKLAHOMA.—County nutrition committees are actively carrying forward the nutrition program in Oklahoma. By appointing representatives to advise with the various county committees, the State nutrition committee aids and keeps in touch with their programs. A partial report of county activities is given in "Sooner Selections" for January-April 1948; the State committee news letter, which says: "Organizations and definite goals for 1948 have been set up by 27 county nutrition committees, with a reported active membership of 308 persons.

"Food Conservation will be stressed in 14 counties. This program will include prevention of food waste, food preservation, and reactivation of preservation centers.

"School lunch programs will be aided in 17 counties. School lunch training schools will be held in 7 of these counties.

"Nutrition classes will be organized in two counties. One county has already given a refresher course for professional people.

"Four counties plan to concentrate on better breakfasts, and one county plans to make a county-wide breakfast survey.

"Better nutrition among local people is being stressed in 18 counties. They have listed work among such groups as the PTA, 4-H Clubs, preschool conferences, veterans' wives, elementary school children, and rural school children. Types of activities being planned are exhibits, talks, tours, teaching the basic 7, promoting garden programs, and planning food budgets."

The State and county committees have an active school lunch program. The State meeting of April 9 was devoted to this subject. Reports of projects, a symposium on "The Place of the School Lunch in the Total School and Community Programs," and a talk on "Suggested School Lunch Projects for Nutrition Committees" high lighted the program.

The Education Committee prepared for use of local committees a list of books, articles, charts, posters, films, and addresses, including some very recent publications.

Two district meetings of the Negro subcommittee of the State nutrition committee were held to inform leaders and teachers about the Save-Food program.

The State committee arranged to broadcast the 13 recordings of the American Medical Association series "Music with Your Meals" which were listed in the February NNL.

VERMONT.—"Your Food Today" is the new title of the Nutrition Committee's weekly Statewide food column. This column has been known for years as "Your Food and You." It contains information about food buying and conservation.

The committee is being enlarged to include broader representation of consumer and agricultural groups. This year it is emphasizing an educational program in regard to white flour and bread enrichment, Chairman Willa Newland reports.

TEXAS.—The State Nutrition Council held its Spring meeting jointly with the Texas Home Economics Association in Waco on April 16 and 17, according to Dr. Jessie Whitacre, chairman of the Council. The nutrition part of the program included a talk on "How the Homemaking Teacher Works Effectively Through the School Lunchroom and Community Canning Center"; a discussion of recent research in foods and nutrition in Texas institutions; and an explanation of Texas food laws.

SOUTH CAROLINA.—Although the State Nutrition Committee does not hold frequent or regular meetings, the members consult with each other for better coordination and mutual aid on problems in the field of nutrition. In this respect it has rendered an excellent service, according to Chairman D. W. Watkins. The committee is made up of agency representatives who are appointed to the committee by the Governor. The various programs of work in the field of nutrition continue to be the responsibility of the agencies involved.

NEW MATERIALS

"Foods Your Children Need," an easy-to-read little pamphlet with attractive line drawings, is published by the Children's Bureau in cooperation with specialists in BHNHE in the U. S. Department of Agriculture. For copies, write the Children's Bureau, Federal Security Agency, Washington 25, D. C.

A revised edition of "A Fruit and Vegetable Buying Guide for Consumers" has been issued by PMA as Misc. Pub. 167. Copies may be obtained from the Office of Information, USDA, Washington 25, D. C.

"Peanut and Peanut Butter Recipes," prepared by BHNHE and issued by the Office for Food and Feed Conservation, is available upon request to the Office of Information, USDA, Washington 25, D. C.

Sincerely yours,

M L Wilson

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